

# WELLNESS FOR WOMEN

## *What Women Need to Know*

	Date	Date	Date	Date	Date
<b>Physical Exam</b> — yearly throughout life					
<b>Blood Pressure</b> —at least every 2 years, more often if over 140/90					
<b>Cholesterol</b> — Every 5 years Desirable Blood Cholesterol Below 200 Borderline Blood Cholesterol 200-239 High Blood Cholesterol 240 or above					
<b>Colorectal Cancer Screening</b> — Beginning at age 50 <b>Stool Blood Test</b> —Yearly <b>Sigmoidoscopy</b> -Every 5 years OR <b>Double-Contrast Barium Enema</b> - Every 5 years OR <b>Colonoscopy</b> —every 10 years					
<b>Pap Smear</b> — Yearly					
<b>Clinical Breast Exam</b> — Yearly					
<b>Mammogram</b> — Yearly					
<b>Bone Density</b> — Ask your Provider					
<b>Dental Exam</b> — Yearly					
<b>Eye Exam</b> — Yearly					
<b>Hearing Test (50+)</b> — Yearly					
<b>Influenza Shot</b> — Yearly starting @ 50					
<b>Tetanus Booster</b> — Every 10 years					
<b>Pneumococcal Shot</b> — Once at age 65					
<b>Glucose Test</b> — Ask Your Provider					

Advance Directives — Health Care Proxy and/or DNR.

While most screening tests are recommended for women beginning at age 40, you should discuss each item with your clinician during your annual physical exams. Your clinician may recommend these and/or other tests beginning at a younger age or on a more frequent basis based upon your physical exam, your personal or family history as well as on advances in medical science.

